

U3A COVID SAFETY POLICY, 14 OCTOBER 2022

This document has been approved by the committee of U3A-ACT Inc on 10 October 2022.
The policy applies to all face-to-face activities wherever they take place
from 9 am on 14 October 2022.

1. Stay away if you are sick

It is U3A policy that

- a. Members must not come to U3A face-to-face activities if they are feeling unwell and/or have a new or acute onset of any COVID-19 symptoms
 - i. The main symptoms of COVID-19 are fever or chills, cough, sore throat, shortness of breath or difficulty breathing, loss of smell or taste, and runny or blocked nose
 - ii. Members should get tested if they develop symptoms that could indicate COVID-19
- b. Members who test positive for COVID must not attend U3A premises for at least seven days or until their symptoms have resolved if that is later
- c. Household contacts of people who test positive for COVID must either stay away or wear a face mask when attending U3A activities for seven days from the last time someone in the household tested positive for COVID-19
- d. Members must also stay away if they have symptoms of other infectious diseases such as colds or flu
- e. A member who finds that he or she has attended a U3A activity while infectious with COVID, must let their course or team leader know so that they can tell others who may have been placed at risk

2. Other things you can do to protect yourself and others

We recommend that members consider the following protective actions which are not part of mandated U3A requirements

- a. Keep a safe distance from others
- b. Wear a face mask in indoor spaces when distancing is not possible
- c. Use hand sanitiser (provided by U3A in U3A premises) before and after your activity
- d. Use sanitising wipes (provided by U3A in U3A premises) to clean down surfaces, equipment and touch points before and after use, especially where shared food and drink are involved
- e. Bring your own cup or mug to use at refreshment time and take it home to clean it

Enquiries: please contact the Facilities Team at facilities@u3acanberra.org.au or 0452 602 009

Further information is available from the ACT Health website at <https://www.covid19.act.gov.au/>